

New Generations

Summer 2013

Providing guidance for long-term living providers
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Cover photo courtesy of Gasconade Manor

Alzheimer's Awareness

Published in collaboration with the Alzheimer's Association – St. Louis Chapter

Alzheimer's is the sixth leading cause of death in the nation, and the only one among the top 10 with no cure or way to prevent or slow its progression. Ending Alzheimer's sounds intimidating, but it doesn't have to be. Everyone can help, especially you. September is World Alzheimer's Month, the perfect time to do one little thing. You can participate in your local Walk to End Alzheimer's (held at various times and locations in the state), attend education classes, catch up on current research, learn more about resources in your area, donate or advocate. The Alzheimer's Association is leading the movement to end Alzheimer's, and invites you to join. Together, we can improve support for those affected by Alzheimer's and find a breakthrough in our lifetime. Now that would be big! To learn more and to locate a local chapter in your area, go to www.alz.org.

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2013 Alzheimer's Disease Facts and Figures Report Highlights:

- In 2010, 83,494 Americans died of Alzheimer's disease – the sixth leading cause of death in the United States overall and the fifth leading cause of death for those 65 and older.
- Deaths from Alzheimer's increased 68 percent between 2000 and 2010, while deaths from other major diseases, including the number one cause of death (heart disease), decreased.
- Dementia is the second largest contributor to death among older Americans, second only to heart failure.
- One in every three seniors dies with Alzheimer's or another dementia.
- Today, more than five million Americans are living with Alzheimer's disease, including an estimated 200,000 younger than 65. By 2050, up to 16 million will have the disease.
- Of Americans 65 and older, one in nine has Alzheimer's, and one in three people 85 and older has the disease.
- Another American develops Alzheimer's disease every 68 seconds. In 2050, an American will develop the disease every 33 seconds.

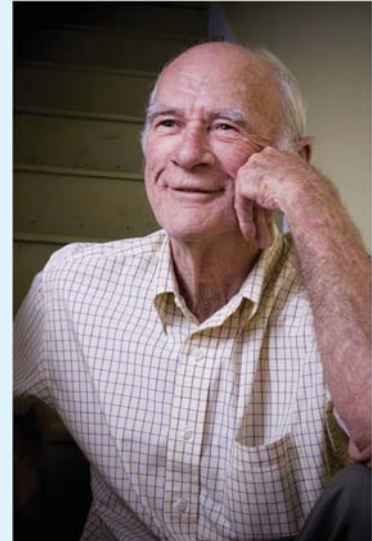
The 2013 national report is available at www.alz.org/alzheimers_disease_facts_and_figures.asp.

Learn about Missouri's statistics and Missouri's Alzheimer's State Plan Task Force by visiting the Department of Health and Senior Services' website,
<http://health.mo.gov/seniors/nursinghomes/alzheimersscu.php>

“Alive Inside - A Story of Music & Memory”

Music has the power to “awaken” nursing home residents suffering from memory loss and restore some neurological function. That’s the message of the documentary “Alive Inside - A Story of Music & Memory.” A video clip of Henry, one of the residents reawakened by listening to his Cab Calloway favorites, went viral on YouTube last year, with more than seven million views.

The documentary follows Dan Cohen, a social worker who decides on a whim to bring iPods to a nursing home. To his and the staff’s surprise, many residents suffering from memory loss seem to awaken when they are able to listen to music from their past. Cohen discovers the music’s beneficial effects continue after the iPods are turned off. Oliver Sacks, the famous neurologist and author, narrates portions of the film and explains why.



Cohen founded a 501(c) (3) nonprofit called Music & Memory©.

Its mission is to deliver free personalized iPods to nursing home residents across the country. The company is accomplishing this through donations that include used iPods. The film was previewed at the 2012 Pioneer Network Culture Change Conference in Jacksonville, Fla.

If you would like to learn more about introducing iPods in your home, the Music & Memory© website offers the following free resource guides.

- **How to Run a Successful iPod Donation Drive**

This guide will teach you how to run a successful iPod donation drive.

- **Making the Case for Personalized Music: A Guide for Elder Care Professionals**

This guide helps you make an effective case if you want to advocate for a personalized music program in your home.

- **How to Create a Personalized Playlist for Your Elder at Home**

This guide shows you how to set up personalized music on an iPod.

You may download these guides at <http://musicandmemory.org/training-publications/personalized-music-resource-guides/>.

On the Road... to Culture Change



Visit to Les Maisons - Dolan Memory Care Neighborhood

by Sam Plaster, State Culture Change Coordinator

Last January, I visited St. Louis' Les Maisons, operated by Dolan Memory Care. When completed, Les Maisons will be a four-home assisted living community, specializing in dementia care and aging in place. At the time of my visit, two homes were operating - Calais and Clermont. A third home, Lourdes, was almost complete, and ground had been broken on a fourth home, Lyon.

Dolan Memory Care President Tim Dolan began building long-term memory care homes in 1994 when he could not find one for a family member who needed care. Mr. Dolan and his company are involved in many initiatives to improve care for individuals with dementia. They participated in the Alzheimer's Demonstration Project, and Mr. Dolan was appointed by the governor to the Missouri Alzheimer's State Plan Task Force.

Mr. Dolan is very proud that his green-technology homes meet skilled nursing home standards. The homes' porous asphalt driveways allow rain to drain to a rain garden. Mr. Dolan showed me how a water hose can run at full strength on pavement, but the water drains immediately to the rain garden - without forming a puddle or running off. Surface water goes through a filtering system to make it drinkable before entering a creek.

Each home at Les Maisons has 15, 165-foot wells that provide geothermal heating and cooling. Lyon will have four additional wells to support administrative offices. LED lighting is also used. Amazingly, each building's monthly electric bill is only \$300. Two of the four homes have backup generators to support residents in all the homes during an emergency.

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Dolan Memory Care

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All Dolan floors are made from wood, not concrete. Each home has a large basement with extra storage space for each resident, handmade cabinets, a central vacuum system that means less noise than conventional vacuum cleaners, and carpet tiles that can be easily replaced when stained. The building design allows rear deliveries directly into a pantry, ensuring residents are not disturbed. Administrative employees can access security cameras in public areas from their computers and smart phones.

When Les Maisons' four homes are completed, they will share a nursing home administrator, but each home will have a licensed nurse. Nurses work Monday through Friday and are on-call 24-hours per day, seven days per week. All caregivers are Level 1 Medication Aides and have received Alzheimer's Association training. A

physician, a dentist, and a podiatrist make house calls, and a hairdresser visits once per week.



Three-walled restrooms make access easy, while still providing privacy.

All Dolan Memory Care homes have private bedrooms. Each home at Les Maisons has ten private rooms; an open kitchen; a dining room; an enclosed courtyard with a covered patio and walking path; and, a family room and sunroom, each with a fireplace and large flat-screen television. All resident rooms have a yard view and cable television; however, most residents prefer to watch TV with other residents in the common areas. Residents can go outdoors anytime. Caregivers hear a chime or can view a camera to learn when someone has gone outside.

Resident rooms are designed with subtle features to promote dignity and independence. Each has two closets - one with a door, one without. Every evening, caregivers help residents choose their clothes for the next day. The clothes are then hung in the open closet, in plain view. Seeing clothes in the open closet reminds the resident to put them on without having to ask for assistance.

Resident rooms include private, three-walled restrooms for easy access and visual privacy from the hallway if a resident's door is open. There is also a privacy curtain if needed. The easy-to-see restrooms prompt resident use and extend residents' independence. Electronic controls allow bathtubs to be tilted to ease entering and exiting, and provide comfort during bathing.

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Dolan Memory Care

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Residents become like a family and are involved in daily household activities, such as folding clothes, setting or clearing the table, sweeping floors, gardening or picking up leaves. House managers take residents shopping or out to lunch. Family members are also very involved and are a big part of daily life.

Dolan Memory Care provides moving services for new residents at no cost. I was told about a new resident who became concerned when her daughter took her out to lunch. The reason? The resident was afraid her daughter would not bring her back to the home.



Residents, staff, and family members enjoying lunch at Clermont.

Two full-time activity staff members provide structured activities for the homes that include professional entertainers, outings to the Rascals' games (local minor league baseball team), attending church services, and bird watching. Based on residents' preferences, some homes have pets. During my Clermont visit, I noticed a set of food and water bowls, but I did not see a dog. I learned the dog is crated during mealtime.

A dietician prepares the menus for the homes, but all staff members are also trained in food preparation and have the flexibility to prepare what residents want. Staff members eat with residents, which helps remind some to eat. The central kitchen and dining room are always open. Residents and visitors can help themselves, and meals are free for visitors. Safety mechanisms protect residents who need assistance with appliances.

I sat and visited with a nine-year Calais employee, Caregiver Senella Baldwin. The St. Louis native graduated from Beaumont High School and received her Level I Medication Aide training at Forest Park Community College. Ms. Baldwin wants to become a registered nurse. She really enjoys Calais and says residents have a lot of one-on-one time. As a caregiver, she does everything - laundry, cooking, housekeeping and helping with activities. Her daily routine usually includes helping residents rise and get ready for breakfast. She helps with breakfast, passes medications, and spends time reading and talking with residents.

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Dolan Memory Care

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A supervisor and two other caregivers are on duty with her. Caregivers have consistent assignments, so they know the residents in their care. "Person-centered care is nothing new here," Ms. Baldwin said. "It has been the same since I have been here."

I also met native St. Louisan Ardell Thompson, a four-year Calais resident. Her father and husband of almost 30 years worked for Union

Electric. Ms. Thompson, a former secretary at Barnes Hospital for a German doctor who came to the United States after World War II, took notes as the doctor examined patients. Her children used to play ball where Les Maisons is now. Now widowed, Ms. Thompson enjoys participating in planned activities and walking outside.



Caregiver Senella Baldwin spends time with Viola



Resident Ardell Thompson

At Clermont, I met Resident M. L. West. Born and raised in Colorado, Mr. West loves the outdoors and the Rocky Mountains, where he spent many years as an Air Force survival instructor. He took pilots and flight crew members into the Rockies, teaching them how to live off the land and get to safety in the event of a crash. Mr. West, a widower of many years, has two children. He enjoys living at Clermont. He likes the other residents and staff and says, "They are good people." He still spends a lot of time outdoors and likes to walk. His daughter also takes him on weekly outings.

To learn more about Dolan Memory Care and view updated photos, please see page 8.

Update: Dolan Memory Care

Dolan at Lourdes, Les Maisons' third home, opened in March of 2013.



In collaboration with Ms. Tena Barry, Dolan Memory Care Director of Marketing

When Mr. Dolan's latest development - the four-home community Les Maisons - is completed, he and his company will have nine homes in the St. Louis area, all specializing in memory care.



Dolan at Lourdes living space.

All Dolan Memory Care homes offer a variety of activities and assistance for their residents in an engaging and supportive environment. To learn more about Dolan homes, please visit www.dolancare.com.

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Dolan Memory Care

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Residents plant flowers in the rail gardens and care for them.



Every resident's room has a case outside the door for displaying personal memorabilia.



Bowling is just one activity offered at Dolan at Conway.

Hand in Hand: A Training Series for Nursing Homes

Person-Centered Care of Persons with Dementia and Prevention of Abuse

by Joan Brundick,
BSN, RN, State RAI
Coordinator

Section 6121 of the Affordable Care Act requires the Centers for Medicare & Medicaid Services (CMS) to ensure that nurse aides receive regular training on caring for residents with dementia and preventing abuse. CMS created the Hand in Hand toolkit to address the requirement for nurse aides' annual training on those topics.

Homes are not required to use the toolkit, but it is a wonderful, free resource that CMS provided to every nursing home in December 2012.

The Section for Long-Term Care Regulation realizes that the toolkit may appear voluminous, but it encourages homes to use a few videos to show direct-care staff how to relate to residents with dementia and respond appropriately to certain behaviors. Staff members will learn how to become familiar with a resident and understand why he or she behaves in a certain way. The mission is to educate caregivers to provide appropriate treatment for persons with dementia and reduce antipsychotic medication use in nursing homes.

Everyone's time is valuable; however, there is no sense in reinventing the wheel when CMS has already created these training tools. We encourage you to take a look at the Hand in Hand information and try to implement some of the videos in your required training on dementia and abuse prevention.

To inquire about replacement copies of the Hand in Hand toolkit, please visit <http://www.cms-handinhandtoolkit.info/Index.aspx>.

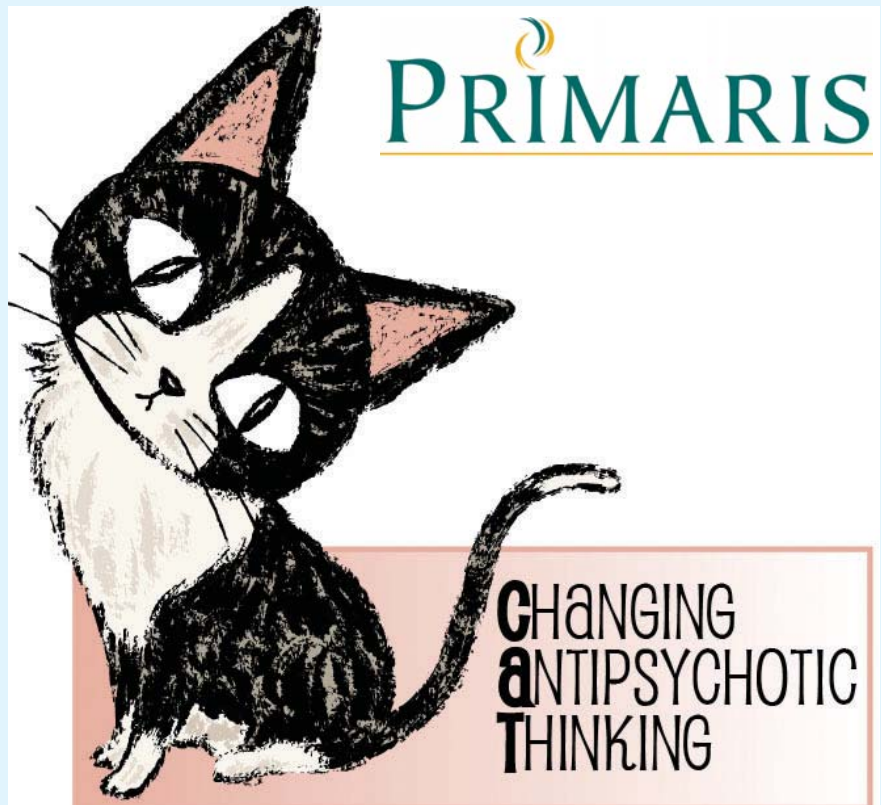


Changing Antipsychotic Thinking (CAT) Tips of the Month

Last April, Primaris released the first serial tip to help Missouri nursing homes control antipsychotic use. The monthly tips are modeled after the Pressure Ulcer Prevention (PUP) series.

The first CAT tip asks: Does your home have any residents with dementia taking any of these antipsychotics?

- *ABILIFY*
- *ARIPRAZOLE*
- *ASENOPINE*
- *CLOZAPINE*
- *CLOZARIL*
- *FANAPT*
- *GEODON*
- *ILOPERIDONE*
- *INVEGA*
- *LATUDA*
- *LURASIDONE*
- *OLANZAPINE*
- *PALIPERIDONE*
- *QUETIAPINE*
- *RISPERDAL*
- *RISPERIDONE*
- *SAPHRIS*
- *SEROQUEL*
- *ZIPRASIDONE*
- *ZYPREXA*



Antipsychotics were commonly used to manage resident behavior in the past, but we now know they can cause harmful side effects - falls, strokes, or even death. The Food and Drug Administration issued a black box warning about these medicines, and there is a national campaign to stop their overuse. To handle resident behavior, staff should look at approaches other than medication. We'll discuss this in future CAT tips. Look for the next tip to be a CAT detective!

The Missouri Local Area Network for Excellence (MOLANE) is the state coalition for [Advancing Excellence](#). MOLANE will provide a new tip each month.

View all CAT tips by visiting Primaris' website, www.primaris.org/cat_tips.

Caring for a Nursing Home Resident with Parkinson's Disease

Learn how Parkinson's disease affects your residents with a new video, "The Parkinson Journey: From Diagnosis to Treatment to Cure." Produced by the Greater St. Louis Chapter American Parkinson Disease Association (APDA) and the Washington University School of Medicine, the video includes:

- An Introduction with Joe Buck;
- Chapter 1 - What is Parkinson's Disease;
- Chapter 2 - What Causes Parkinson's Disease;
- Chapter 3 - Changes in Mood and Thinking;
- Chapter 4 - Treatment Options;
- Chapter 5 - Managing Symptoms;
- Chapter 6 - Living with Parkinson's Disease - Personal Journeys;
- Chapter 7 - Finding Out More (resources);
- Bonus Feature 1 - Parkinsonisms - "Look Alikes" (Dr. Joel Perlmutter);
- Bonus Feature 2 - Helping with Falls (Dr. Beth Crowner);
- Bonus Feature 3 - Lee Silverman Voice Treatment (Dr. Cynthia Fox); and
- **Bonus Feature 4 - Caring for a Nursing Home Resident with Parkinson's Disease.**



The 35-minute Bonus Feature 4 provides communication and movement techniques to use when caring for a person who has Parkinson's disease.

The video is available on the Department of Health and Senior Services' website, <http://health.mo.gov/seniors/ombudsman/index.php>. To view Bonus Feature 4, select "Parkinson's Journey Part 3," or go to YouTube, www.youtube.com/watch?v=k4T0CTCWnvU&list=PLh5mk8BxSPgikhqcKxCv5gWjH6zV8I5Qt.

For more information, please visit the Greater St. Louis Chapter APDA website, www.stlapda.org.

Show Me Summit on Aging and Health Kicks Off in August

by Catherine Edwards, Executive Director, MA4

You're invited to Missouri's premier conference on aging Aug. 21 to Aug. 23 in Jefferson City's Capitol Plaza Hotel. The theme is, "It's All About Seniors - Aging Well." The 10th Annual Show Me Summit on Aging and Health is sponsored by the Missouri Association of Area Agencies on Aging (MA4).

The conference is a great investment of your time and resources. You will come away with a better understanding of the ongoing opportunities and challenges facing Missouri's aging population, and you will make important business connections with the leaders of the aging network. We all have a stake in the future.

The summit includes workshops on advocacy, wellness, management and administration, elder abuse and other special topics. Highlights include:

- Keynote Speaker Sandy Markwood, Executive Director, National Association of Area Agencies on Aging, presenting "The Older Americans Act - The Future of the Aging Network;"
- "Misconceptions as Barriers to Elder Abuse Investigation," presented by Paul Greenwood, Deputy District Attorney, Missouri Department of Health and Senior Services;
- An exhibit-hall showcase of services, products and information, and daily drawings for prizes;
- A special track on Elder Abuse and Exploitation;
- National AIRS Certification Testing;
- POSTER SESSIONS, which are new this year; and,
- A special session on Medicare and Medicaid.



The conference has been approved for 7.75 administrative hours and 7.25 patient care hours for nursing home administrators, and 15 social work continuing education hours.

A program and conference registration information are available on the MA4 website, www.ma4web.org.

Questions? You may contact Catherine Edwards, at cedwards@MA4web.org, or Sandra Boeckman, conference planner, at sandy.boeckman@gmail.com.

Resident Spotlight

Delores Marie Livingston Thomas

Truman Medical Center - Lakewood
Hospital-Based Skilled Nursing Unit
Kansas City, Missouri

*by Russell Money, Volunteer Ombudsman,
Truman Medical Center - Lakewood*

Delores Marie Livingston Thomas was born Jan. 18, 1915, in Kansas City, Mo. She had three younger brothers, Morris, Bill and Gene. Her father, a carpenter, had little work during the Depression, when Delores was a teenager. Her family lived in three upstairs bedrooms at her grandmother's house for a while. Her uncle also lived there, but passed away from tuberculosis. Delores attended St. Elizabeth Roman Catholic School and still prays to St. Mary and says her prayers are always answered. She did not finish high school because her parents saw little need or benefit from going to school, and they were short on money.

At 18, Delores left home and moved to Jefferson City, and then to St. Louis. She performed in a high-kick chorus line in clubs and theaters, earning \$14 a week plus room and board. She met and married her husband, Herb, in St. Louis, where they lived for 15 years, then moved to Los Angeles, Calif. After Herb's death, she returned to Kansas City.

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Delores, age 22

Resident Spotlight

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Today Delores is still an entertainer — she plays keyboards in Truman's skilled nursing dining room, at the request of other residents. This multi-talented lady also paints pictures, which are on display, knits and likes to play many different table games with other residents. She remains active despite problems with her eyesight and hearing. She likes to venture out in her wheelchair from the second floor to the elevator and down to the first floor thrift store, and to the Truman Room's token sales.

Dolores is very popular among residents, visitors and staff. And she loves her family; her only surviving brother Gene and his wife Mary visit each week.

She cut our visit short because she had to go play bingo.



Do you have a special resident to nominate for the Resident Spotlight? Residents featured may have a special talent, lived an adventurous life, given back to their community or experienced other types of accomplishments. Homes must ensure all privacy policies are followed. To receive a nomination form, please call 573-526-8514.

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